

Chester, Montgomery, and Delaware Counties, PA -- On Saturday and Sunday, Congressman Joe Sestak (PA-7) crisscrossed the district with his daughter Alex, helping children celebrate Easter by attending a variety of Easter egg hunts.

"One of my fondest memories of childhood is celebrating Easter with my brother and sisters in Springfield," noted Joe. "This holiday reminds us of what is most important in our lives – our children and families."

The history of Easter eggs derives from the use of eggs in ancient cultures, including the Egyptian and Roman cultures, as a symbol of fertility in rebirth during spring festivals. Its start in the Christian holiday began in medieval Europe, when eggs were forbidden during Lent. Eggs laid during that time were thus boiled or otherwise preserved and became a mainstay of Easter meals, and a prized Easter gift for children and servants. Today, many traditions and practices have formed around Easter eggs, including the coloring of eggs and the use of eggs in various holiday games, including Easter egg hunts and egg rolls. The most famous egg roll takes place on the White House lawn every year.

"I wish all the children and families celebrating today a joyous Easter holiday," added Joe.

*Born and raised in Delaware County, former 3-star Admiral Joe Sestak served in the Navy for 31 years and now serves as the Representative from the 7th District of Pennsylvania. He led a series of operational commands at sea, including Commander of an aircraft carrier battle group of 30 U.S. and allied ships with over 15,000 sailors and 100 aircraft that conducted operations in Afghanistan and Iraq. After 9/11, Joe was the first Director of "Deep Blue," the Navy's anti-terrorism unit that established strategic and operations policies for the "Global War on Terrorism." He served as President Clinton's Director for Defense Policy at the National Security Council in the White House, and holds a Ph.D. in Political Economy and Government from Harvard University. According to the office of the House Historian, Joe is the highest-ranking former military officer ever to serve in the U.S. House of Representatives.*

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